

## WHY EAT LOCAL FOR THANKSGIVING?

*Harvest festivals and thanksgiving celebrations have occurred for centuries around the world. Each is imbued with cultural traditions and customs that reflect their place of origin and the bounty of their local agricultural production. As people have migrated, a wonderful mixing of these traditions has occurred to create a rich tapestry of celebrations around the globe.*

*Today, however, when people in this country gather to celebrate Thanksgiving, many are distantly removed from the food sources and traditions of their parents and grandparents. We've lost the connection these celebrations had to local seasons and foods and, consequently, some of their richness and meaning.*

*Can we reconnect our Thanksgiving tradition with our local agricultural tradition to create a more meaningful celebration? Should we?*

*The answer to both is yes!*

*This year, don't let your food travel farther than your guests.*



**THANKS** to the Seattle-King County Acting Food Policy Council for developing these discussion cards. They are available on-line at [www.pugetsoundfresh.org](http://www.pugetsoundfresh.org).

*This Eat Local for Thanksgiving campaign is a joint effort between King County Agriculture Programs, the Seattle King County Acting Food Policy Council, Puget Sound Fresh, Seattle Tilth, Good Food Strategies, Cascade Harvest Coalition, Neighborhood Farmers Market Alliance, and a host of other community groups. Funding has been provided by the City of Seattle Neighborhood Matching Fund, King County, King Conservation District, Washington State Department of Agriculture Small Farms & Direct Marketing Program, and Farming and the Environment.*





**Eat  
Local!**

**FOR THANKSGIVING  
Discussion  
Cards**



**King County**



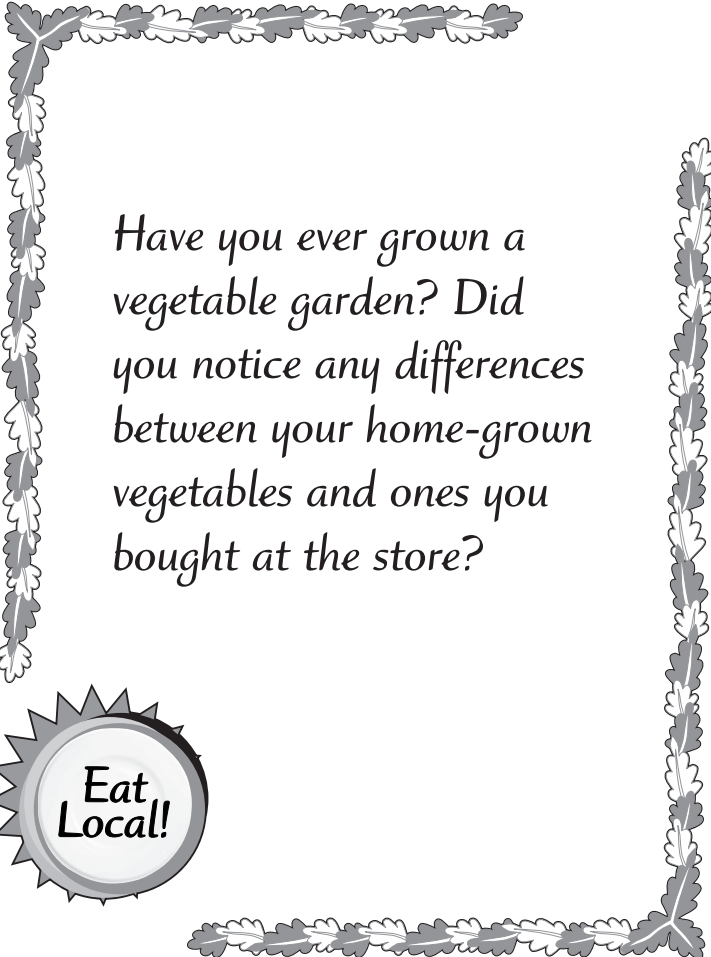
## HOW TO USE THE CARDS

*These Eat Local cards are designed to inspire lively dinner conversation about where our food comes from and to generate sharing about our favorite food stories. There are ten cards, with twenty questions, that allow for everyone at your table to participate in the discussion. Be sure to give all your guests – especially young diners – a chance to share their thoughts about the food on their dinner table.*



*You can find more information by going to [www.pugetsoundfresh.org](http://www.pugetsoundfresh.org).*

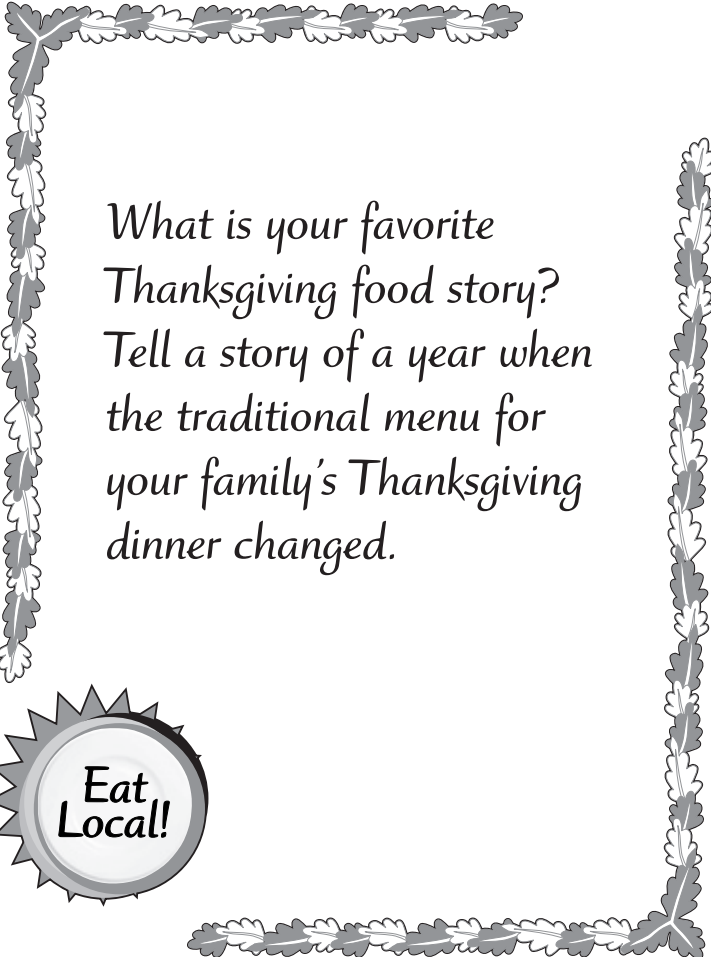
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*Have you ever grown a vegetable garden? Did you notice any differences between your home-grown vegetables and ones you bought at the store?*



**Eat  
Local!**



*What is your favorite Thanksgiving food story? Tell a story of a year when the traditional menu for your family's Thanksgiving dinner changed.*



**Eat  
Local!**

The definition of the term “locally grown food” is often debated. What does the term “local” mean to you? Is it a proxy for a set of values? If so, what are those values? Can you identify them?



**Eat  
Local!**

Do you have any personal examples of farmers or food workers in your family? Do you know any farmers? What do they grow?



**Eat  
Local!**

What roadblocks do local farmers face in delivering their goods to urban populations? What roadblocks do urban folks face in gaining access to local, organic food? Is anyone being left out?



**Eat  
Local!**

Did you know that vegetable and fruit scraps, pasta, rice, paper towels and plates, pizza boxes, coffee filters and grounds, heels of bread and freezer-burned vegetables can all be composted? Composting these items is more environmentally friendly than using the garbage disposal, incinerator or regular trash service. Does your family compost? What else could your family do?



**Eat  
Local!**

How many songs  
can you think of  
that mention food?  
Go around the table  
until someone gets  
stumped. Singing is  
encouraged!

**Eat  
Local!**

University of Washington  
researchers have found that an  
apple shipped from New Zealand  
and a potato shipped from Idaho  
both produce twice the greenhouse  
gases of their Washington-grown  
counterparts. How is that possible?  
Is it fair to say if your food is not  
grown in Washington it may as well  
come half way around the globe  
as far as environmental impact is  
concerned? What other  
aspects of farming and  
food production could  
impact the environment?

**Eat  
Local!**

What is "American"  
food? Many people  
would say our culture  
around food has become  
unhealthy. Do you agree?  
What are some guiding  
principles that would  
create a healthy American  
food culture?

**Eat  
Local!**

What keeps you from  
eating locally produced  
foods? What would it  
take for you to incorporate  
more local food into your  
diet? What can you do in  
the next week or month to  
impact food related issues  
you care about?

**Eat  
Local!**

Research shows that spending your money at locally-owned businesses generates two to three times more community in-come than spending at non-locally-owned businesses. At farmers markets, for example, for every dollar spent, 62 cents is re-spent locally. At an chain grocery store, only 25 cents is re-spent locally. At a chain restaurant, 31 cents is re-spent locally compared with 79 cents for locally-based restaurants.

What are these businesses spending their money on? Why would a local business spend more money locally than a national chain business?



**Eat  
Local!**

What was your biggest kitchen disaster?  
Have you made that food again?



**Eat  
Local!**

Which foods do you **NEED** to have each year at your table?



**Eat  
Local!**

What is your most beloved vegetable? Most hated? Name a vegetable that you recently began to enjoy for the first time. What changed your mind about it?



**Eat  
Local!**



*As a group, create a limerick, haiku or other poem to express your appreciation of a dish on your table.*

**Eat  
Local!**

*Raise your hand if you know the name of any person who grows food you eat. What is your relationship?*

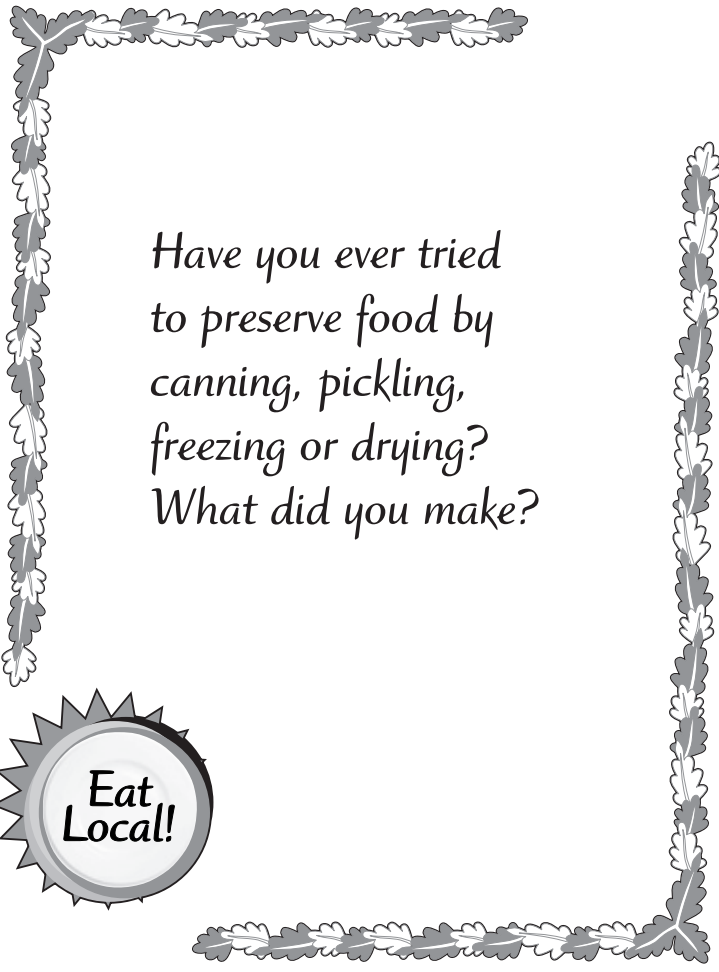
**Eat  
Local!**

*Did you know Washington has the 9th highest level of hunger in the nation and demand at Seattle's 31 food banks has increased 30% since 2003? Have you ever volunteered at a soup kitchen or donated to a food drive? What do you think that would be like?*

**Eat  
Local!**

*Think of a food that you associate with a specific place or a specific event in your life. Share those stories with everyone at the table.*

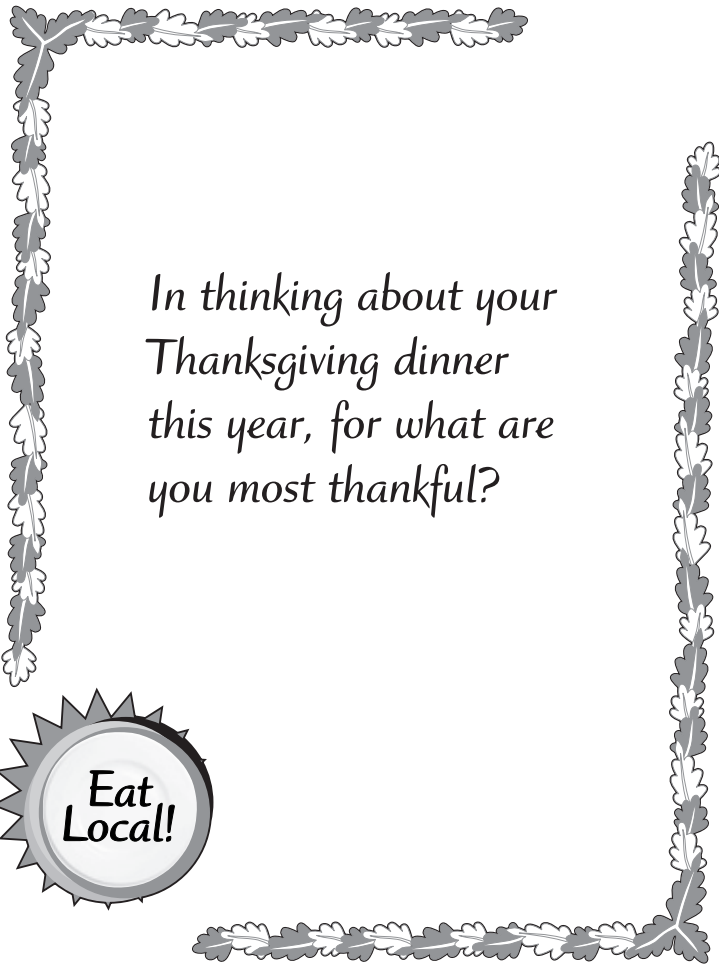
**Eat  
Local!**



*Have you ever tried  
to preserve food by  
canning, pickling,  
freezing or drying?  
What did you make?*



**Eat  
Local!**



*In thinking about your  
Thanksgiving dinner  
this year, for what are  
you most thankful?*



**Eat  
Local!**